



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

A PROGRAM OF THE HUDSON NH RECREATION DEPARTMENT

HAPPY SPRING!

Thank you so much for your patience as we continued to add programs and worked to being back to full capacity! Check out the schedule on the next pages and see what we have going on that's new for Spring 2022! We look forward to having you back at the Hudson Senior Center for activities! See you soon!

JOIN US 5 DAYS A WEEK!



CORONAVIRUS ~ COVID -19 INFORMATION

The Senior Center will continue to follow all local Government Rules and Regulations as well as all State of New Hampshire Rules and Regulations in regards to the Coronavirus Pandemic. **As a general rule...if you do not feel well please stay home regardless of your vaccination status.**

MASKS AT THE SENIOR CENTER

Masks may be required for all activities depending on Town numbers. Mask updates will be on the Town of Hudson Website on the Senior Center page and also posted at the Senior Center. We have paper masks for your use at the Senior Center if needed. There is also hand sanitizer stations at the Center.

Please join us March 8th to celebrate welcoming back Coffee, Cards and Games! We will have a special Coffee Club and social event from 8:15 am-11:30 am in the Function Room!





NEW SCHEDULE!

Please see the following pages for more information on each day's activities!

MONDAY

8:00am Center Opens
 8:15-8:45am Morning Coffee
 9:00am Mexican Train Dominoes
 9:30am Aerobics \$5
 11:00am Strength & Balance \$5
 12:00pm Lunch Time!
 1:00pm Ping Pong
 1:00pm Corn Hole
 1:00pm Mah Jongg
 4:00pm Center Closes

FRIDAY

8:00am Center Opens
 8:15-9:45am Morning Coffee
 9:00am Mah Jongg
 9:00am Arts & Crafts Classes – see page 11 for details
 12:00pm Lunch Time!
 1:00pm Poker
 1:00pm Mexican Train Dominoes
 1:00pm Chess
 4:00pm Center Closes

TUESDAY

8:00am Center Opens
 8:15-9:45am Coffee Club
 9:00am Scat
 9:00am Whist
 9:30am Walking Group
 10:00am Hearing Help
 10:00am North Barn Presents
 11:00am Tech Help Tuesdays
 12:00pm Lunch Time!
 1:00pm Movie Afternoon – See page 7 for details

1:00pm Hand in Foot
 1:00pm Canasta
 1:00pm 45s
 1:00pm Papas Penny Game
 1:00pm Cross Cribb
 1:00pm 66
 1:00pm 5 Crowns
 4:00pm Center Closes

WEDNESDAY

8:00am Center Opens
 8:15-8:45am Morning Coffee
 9:00am Silver Knitters
 9:00am Activity Room - See Page 8
 12:00pm Lunch Time!
 1:00pm Scrabble
 1:00pm Rummikub
 1:00pm Checkers
 1:00pm Play Board Games!
 1:00pm **Coming Soon** Bingo
 4:00pm Center Closes

THURSDAY

8:00am Center Opens
 8:15-8:45am Morning Coffee
 9:00am Bridge
 9:00am Pay Me
 9:00am Line Dancing - Beginners \$5
 9:30am Walking Group or Snowshoeing
 10:30am Line Dancing – Intermediate \$5
 12:00pm Lunch Time!
 1:00pm Aerobics \$5
 1:00pm Pinochle
 1:00pm Cribbage
 2:30pm Strength & Balance \$5
 4:00pm Center Closes





AVAILABLE EVERY DAY!

MORNING COFFEE & COFFEE CLUB

Our Coffee Bar is open every morning from 8:15am-8:45am. Please come enjoy a cup of coffee for 25 cents! Our Coffee Club meets on Tuesday Mornings from 8:15-9:45am. This is our fun social coffee club! Join us in the Function Room!

Starting March 8th!

LIBRARY- NEW LOCATION!

Our lending library is ready for your next great book find-now located in the hallway! Please stop by and check it out! All the books are organized by author. All of our books come from donations, so if you would like to add to the library please drop off books in the basket. We also offer a book swap on the first Wednesday of each month in the Activity Room. This is where we put out the newest donations to the library. Information on the Book Swap is on page 8.

BILLIARD TABLE!

The table is available during open hours.

There is always someone to play against in the morning. Be sure to come in and add your name to the list on the wall if we have a crowd! Located in the Activity Room!

PIANO

Did you know that the Hudson Senior Center has a beautiful piano that can be used by our patrons? Check with Lori to see when a good time to come play is, and expect an audience! Whenever it is played it draws a crowd!

SHUFFLEBOARD

The newest addition to the Senior Center is our Shuffleboard! This was a generous donation by the Council on Aging and is located in the Activity Room. Come check out our beautiful new Shuffleboard table and play a game! It is really easy to learn and play!

COMMUNITY DINING

Community Dining will be offered at the Hudson Senior Center again! Please sign up to be included in all correspondence and re-start information. Lunch will be served in the Function Room at 12:00pm. You must register ahead of time to receive a meal.

PUZZLE LIBRARY

We have a closet full of puzzles to share with you! It is located in the Activity Room. Just like our book lending library you are welcome to borrow and bring back puzzles to share with others. We also offer a puzzle swap on the first Wednesday of each month. More information on the puzzle swap is on page 8.

PUZZLE TABLE

Our Puzzle Table is back open for all to enjoy! Please wash your hands before sitting down at the table. Located in the Activity Room next to the puzzle closet!





MONDAY

MONDAY



8:00am Center Opens

8:15-8:45am Morning Coffee – Function Room

9:00am Mexican Train Dominoes – Activity Room

9:30am Aerobics \$5 – Function Room

11:00am Strength & Balance \$5 – Function Room

12:00pm Lunch Time – Dining Room

1:00-3:45pm Ping Pong – Function Room

1:00-3:45pm Corn Hole – Function Room

1:00-3:45pm Mah Jongg – Activity Room

4:00pm Center Closes

CORN HOLE

We will be playing Corn Hole on Monday afternoons starting at 1:00pm! Please join us to learn this fun and popular game! We will be in the Function Room! 1:00-3:45pm

PING PONG

Our Ping Pong Tables are set up on Monday afternoons! Please join us anytime from 1-3:45pm!

AEROBICS

Join us for Aerobics with Sylvie! This high energy, go at your own pace aerobics class is offered on Monday Mornings and Thursday Afternoons. Class is \$5 per person.

MEXICAN TRAIN DOMINOES

Get on the train!! Our Mexican Train Dominoes group will play twice a week! Meet us in the Activity Room for this fun adventure!

9:00 am Mondays

1:00 pm Fridays

LUNCH TIME!

Our Community Dining Program will start again soon, but for now bring a bagged lunch and join us in the Dining Room! Daily at 12:00pm

COFFEE CLUB!

Coffee Club is back! Join us at 8:15am in the Dining Room. This is our morning social time, so stop by and say hello to start your day! 8:15-8:45am Monday – Friday, extended Coffee Time on Tuesdays and Fridays.

MAH JONGG

Mah Jongg is back at the Hudson Senior Center! Bring multiple years of cards to play with us! We have plenty of room and will teach you if you want to learn! 1:00-3:45pm in the Activity Room

STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health! Join us Monday mornings and Thursday afternoons for this fun workout! Class is \$5 per person.



TUESDAY

TUESDAY

8:00am	Center Opens
8:15-9:45am	Coffee Club – Function Room
9:00am	Scat – Activity Room
9:00am	Whist – Activity Room
9:30am	Walking Group or Snowshoeing
10:00am	Hearing Help (1 st Tuesday of Month)
10:00am	North Barn Presents (See schedule on page 6)
11:00am	Tech Help Tuesdays (Call to book an appointment at 578-3929)
12:00pm	Lunch Time! (Details page 4)
1:00pm	Movie Afternoon – schedule page 7
1:00pm	Hand in Foot – Activity Room
1:00pm	Canasta – Activity Room
1:00pm	45's Card Game – Dining Room
1:00pm	Papa's Penny Game – Dining Room
1:00pm	Cross Crib – Dining Room
1:00pm	66 Card Game – Dining Room
1:00pm	5 Crowns – Dining Room
4:00pm	Center Closes

AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 578-3929 to make an appointment.

CARDS AND GAMES

Cards and Games are back at the Senior Center! Please wash your hands before sitting down to play. There is no food allowed at the game tables. For a full list of Cards and Games offerings please see page 7.

TECHNOLOGY HELP TUESDAY

John is once again available for appointments to help with your Technology needs! Please sign up for a time on Tuesdays to meet one-on-one with John! For an appointment call 603-578-3929!

WALKING CLUB

Tuesday and Thursday mornings in good weather please join us to take a walk! We will stick to the main paths of Benson Park and wander around our beautiful area! The walk will begin at 9:30am, meet in the Senior Center lobby! We have a nice group ready to walk with you!

SNOWSHOEING CLUB

Our walking group turns into the Snowshoeing Club in the winter! Once the snow flies we will start heading out on snowshoes into Benson's Park, and we have been known to venture to other parks in the area. Let us know if you want to join us so we make sure you know where to meet!

COFFEE CLUB

Coffee is once again being served at the Senior Center! Our Coffee Club will meet from 8:15-9:45am in the Function Room on Tuesdays. Coffee is 25 cents a cup.

If you are looking to sponsor Tuesday Coffee Club please call 603-578-3929 to speak to Lori.

NORTH BARN PRESENTS

This is our presentation series on Tuesday Mornings at 10:00am. The schedule is on page 6. We offer lots of different types of programs and presentations for our patrons to come learn, listen or participate in! RSVP is suggested but not always required.



The North Barn Presents

Tuesday Mornings at 10am ~ RSVP is suggested

APRIL 12, 2022

EASTER SEALS

Representatives from Easter Seals will be presenting at the Senior Center. Join us for a morning of learning about this great Service and Volunteer Program!

MAY 7, 2022

NASHUA TRANSIT

Please join us for a conversation about the nashua transit system and how you can use it as a Hudson Resident!

COFFEE WITH THE COPS!

The Hudson Police Department will once again be joining us for presentations on different subjects involving Community Policing. Last Tuesday of each month. COFFEE WILL BE SERVED!

3/29. 4/26. 5/31

MAY 17, 2022

FAIRVIEW SENIOR LIVING

Please join us for a conversation with CEO Steve Pazulski about Fairview Senior Living in Hudson NH. They will also be sponsoring Coffee Club this morning and their Chef will be crafting treats to share!

APRIL 19, 2022

ENTERPRISE BANK

Dave Forman from Enterprise Bank will be here to share tips and tricks to balancing your checkbook and paying bills.

JUNE 7, 2022

HUDSON MEMORIAL SCHOOL BAND

Please join us for a performance by the Hudson Memorial School Band!

SPECIAL TIME: 10:30 AM

MARCH 22, 2022

DAVE SMITH PHOTOS!

Dave will be here to share pictures from his adventures! Join us at 10am

MARCH 15, 2022

TRIVIA WITH JOHN WATKINS!

Join us in the Function Room for some fun with Trivia! John brings a variety of music, TV, Military and Pop Culture trivia!

MAY 10, 2022

FCP LIVE-IN HOME CARE

Please join us to learn about in home care provided by FCP Live-In Care services. This is a non-medical, at home care service that has been in business for over 25 years. They are an alternative to assisted living.

APRIL 5, 2022

Country Music Performed by Bob

Almeida

Come listen to our resident Country Music Star! Join us for this fun musical morning!
10am in the Function Room



MOVIES, CARDS & GAMES

MOVIE AFTERNOON!

Tuesday at 12pm in the Function Room

March 1 – Midway

March 8 – Bombshell

March 15 – Jumanji-the Next Level

March 22 – Maleficent 2

March 29 – 1917

April 5 – Judy

April 12 – The Jungle Cruise

April 19 – Being the Ricardos

April 26 – Encanto

May 3 – Cinderella

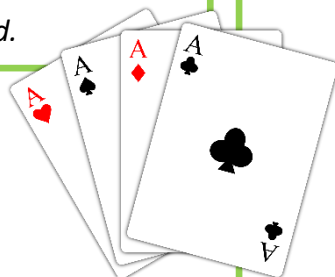
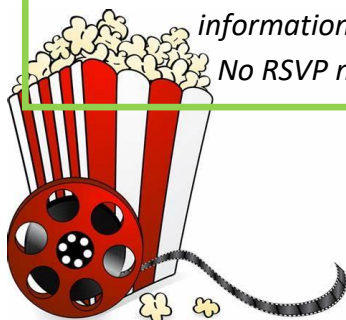
May 10 – Book of Love

May 17 – Free Guy

More Movie Titles will be
announced soon!

*Movies are subject to change based on
availability. Please check the Movie
Bulletin Board at the Center or online for
movie posters. More movies coming in the
Summer, pick up your newsletter for more
information in June!*

No RSVP needed.



CARDS & GAMES LIST

45's – Tuesday 1:00 pm

5 Crowns – Tuesday 1:00 pm

66 – Tuesday 1:00 pm

Billiard Table – Every day

Bingo – COMING SOON!

Board Games – Wednesday at 1:00 pm

Bridge – Thursday at 9:00 am

Canasta – Tuesday at 1:00 pm

Checkers – Wednesday at 1:00pm

Chess – Friday 1:00 pm

Corn Hole – Monday at 1:00pm

Cribbage – Thursday at 1:00 pm

Cross Cribb – Tuesday at 1:00pm

Hand in Foot – Tuesday at 1:00pm

Mah Jongg – Monday at 1:00 pm

Mah Jongg – Friday at 9:00am

Mexican Train Dominoes – Monday at 9:00 am

Mexican Train Dominoes – Friday at 1:00 pm

Papa's Penny Game – Tuesday at 1:00pm

Pay Me Card Game – Thursday at 9:00 am

Ping Pong – Monday at 1:00pm

Pinochle – Thursday at 1:00 pm

Poker – Friday at 1:00 pm

Rummikub – Wednesday at 1:00pm

Scat - Tuesday at 9:00 am

Scrabble – Wednesday at 1:00 pm

Shuffleboard Table – Every day

Whist – Tuesday Mornings at 9:00 am

(Depending on the game....

bring your Pennies, Nickels and Dimes!)



WEDNESDAY

WEDNESDAY

8:00am	Center Opens
8:15-8:45am	Morning Coffee – Function Room
9:00am	Billiards – Activity Room
9:00am	Silver Knitters – Function Room
9:00am	Wednesday in the Activity Room * (See schedule on page 8)
9:00-11:00am	Trip Office – Main Office *More information coming soon*
12:00pm	Lunch Time! – Dining Room (Details page 4)
1:00pm	Scrabble - Activity Room
1:00pm	Rummikub – Activity Room
1:00pm	Checkers - Activity Room
1:00pm	Play Board Games! – Activity Room
1:00pm	Bingo! **Coming soon! ** -- Function Room
4:00pm	Center Closes

SILVER KNITTERS

This is our crafting group! We don't care if you knit, needle point, crochet or just plain craft! Join us on Wednesday Mornings in the Function Room! Please bring whatever project you are working on and pull up a chair!

TRIPS/TRIP OFFICE

We thank you for being so patient as we continue to plan the future of our trips program. Please watch for more information to be released soon about trips for 2022! Trips will be announced by email and posted at the Center, if you are not on the email list please contact Lori.

BINGO

Bingo is coming back to the Barn! We are searching for Bingo callers so we can offer this activity again! If you are interested in being a Bingo caller please stop by the Barn and see Lori. We are also looking for volunteers to help with Bingo, sell cards and call back. Please stop by and see Lori if you are willing to volunteer at Bingo!

Start Dates will be announced soon!
RSVP now to be included!

PLAY BOARD GAMES

Here at the Senior Center we have a whole bookshelf full of the best games to play! From Clue, Scrabble, Monopoly to Trivia Pursuit and many more! Join us on Wednesday Afternoons to play any Board Game of your choosing!

SCRABBLE, RUMMIKUB & CHECKERS

These classic games are played at the Senior Center every Wednesday afternoon in the Activity Room. There is always room for more, so come on over!

IT'S SPRING!



WEDNESDAY in the ACTIVITY ROOM

Wednesdays are amazing in our Activity Room and we wanted to share why! This is some of our new programming options and offerings! Please feel free to join us! Each week is a different Activity!

FIRST WEDNESDAY ***BOOK & PUZZLE SWAP*** **8:30am – 1:00pm**

We are now hosting a BOOK SWAP and PUZZLE SWAP on the first Wednesday of each month! Please bring your books and puzzles to share to the Activity Room and browse through other books and puzzles that have been brought in!

SECOND WEDNESDAY ***Home Health & Hospice** **Foot Care Clinic ***

We host a foot care clinic on the 2nd Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

THIRD WEDNESDAY ***BOOK CLUB***

Welcome back to the Book Club! We will meet the 3rd Wednesday of each month at 10:00am.

Our Book Club is special because each month we read to a theme...it could be Author, Subject, Time Period etc. Please join us!

FOURTH WEDNESDAY ***Home Health & Hospice** **Foot Care Clinic ***

We also host a foot care clinic on the 4th Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

FIFTH WEDNESDAY ***QUILTING GROUP***

The next meeting of our quilting group will be March 30, 2022 at 10am in the Activity Room.

Please join us if you are a quilter, want to be a quilter or just curious!



THURSDAY

THURSDAY

8:00am	Center Opens
8:15-8:45am	Morning Coffee – Dining Room
9:00am	Bridge – Activity Room
9:00am	Pay Me – Activity Room
9:00am	Line Dancing - Beginners \$5 – Function Room (Please RSVP)
9:30am	Walking Group or Snowshoeing
10:30am	Line Dancing – Intermediate \$5 – Function Room (Please RSVP)
12:00pm	Lunch Time! – Dining Room (Details page 4)
1:00pm	Aerobics \$5 – Function Room
1:00pm	Pinochle – Activity Room
1:00pm	Cribbage – Activity Room
2:30pm	Strength & Balance \$5 – Function Room
4:00pm	Center Closes



SNOW SHOEING

Our walking group also turns into the Snowshoeing Club in the winter! We start at the Center and head out on snowshoes into Benson's Park, and we have been known to venture to other parks in the area. Let us know if you want to join us so we make sure you know where to meet!

LINE DANCING

Gail Eaton offers two levels of classes for our Line Dancing enthusiasts! Please RSVP for either class! Class is \$5 per person.

AEROBICS

Join us for Aerobics with Sylvie! This high energy, go at your own pace aerobics class is offered on Monday Mornings and Thursday Afternoons. Class is \$5 per person.

STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health! Join us Monday mornings and Thursday afternoons for this fun workout! Class is \$5 per person.

BRIDGE, PAY ME, PINOCHLE & CRIBBAGE

These Cards and Games are offered on Thursday in the Activity Room. Please see the schedule above for times. There are plenty of cards and tables to play at! For a full list of Cards and Games please see page 7!



FRIDAY

FRIDAY

8:00am	Center Opens
8:15-8:45am	Morning Coffee – Function Room
9:00am	Mah Jongg– Activity Room
9:00am	Arts & Crafts Classes – Function Room (see below)
12:00pm	Lunch Time! – Dining Room (Details page 4)
1:00pm	Poker – Activity Room
1:00pm	Chess – Activity Room
1:00pm	Mexican Train Dominoes – Function Room
4:00pm	Center Closes

ARTS & CRAFTS - \$20 per class

What a better way to end the week with a relaxing Arts & Crafts Class! Please RSVP to be a part of these exciting classes! 9:00am in the Function Room. Payment of \$20 is due at sign up. Space is limited and classes fill quickly!

“Making” Classes will feature a project or fun activity.

“Painting” Class will feature Acrylic Painting Projects.

Upcoming projects will be on display at the Senior Center. All supplies included!

March 11, 2022 – Mad Hatter

March 25, 2022 – Bunny Eggs

April 8, 2022 – Spring Door Sign

April 15, 2022 – Button Trees

May 6, 2022 – Baby’s Breath Vase

May 27, 2022 – Cherry Blossom’s

June 10, 2022 – Jeweled Garden Stakes

June 24, 2022 – Out for a Ride

MAH JONGG

Mah Jongg is back at the Hudson Senior Center! Bring multiple years of cards to play with us! We have plenty of room and will teach you if you want to learn!

9:00am in the Function Room

POKER & CHESS

We will play Poker and Chess on Friday afternoons starting at 1:00pm. Come on down!

MEXICAN TRAIN DOMINOES

All Aboard the train!
1:00 pm in the Activity Room!

PAINTING CLASSES!

Cost is \$20 per person and covers all your supplies!

Upcoming Painting Classes:

March 11 – Mad Hatter

April 15 – Button Trees

May 27 – Cherry Blossoms

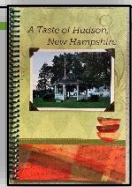
June 24 – Out for a Ride

Payment is required at RSVP. You can make checks out to the *Town of Hudson* or pay with cash at the center. The sample painting will be on display at the Senior Center.

Please call 578-3929 with any questions! Space is limited and classes fill quickly!



The North Barn Activities & Information



TASTE OF HUDSON COOKBOOK \$10

If you are looking for a great find for yourself or others consider picking up a cookbook at the Senior Center! The recipes came from the Town of Hudson Employees and the book features great photos of Town Landmarks! All proceeds benefit the Hudson Food Pantry.

BILLIARD TOURNAMENT

Watch for information on our current Billiard Tournament! We have 7 participants! The winner will be announced this Spring!

HELPFUL LIST

We are hoping you can help us! Do you have a housekeeper looking for new clients? A hair dresser that gives Senior Discounts or is willing to travel to someones house? Do you have a trusted person who gives "Rides" to doctors appointments? We are compiling a list of resources for our local friends of our local friends! Please call or email Lori with any information you can provide. Thank you ahead of time for helping a neighbor!

INCLEMENT WEATHER!

We are in the middle of inclement wether season! Be sure to watch for closings on the local Government Channel HCTV or WMUR TV or WMUR Website. We will also display it on the Town of Hudson Website under the Senior Center Pages. Look for the Inclement Weather Tab! Remember if the Hudson School District is Closed or Delayed we are not open and all activities and programs are canceled.

INDOOR PICKLEBALL

We are playing Pickleball Indoors! You must be registered at the Senior Center in order to participate in our Pickleball Program. Registration is \$10 for the year and \$10 for our Pickleball Program. It is \$1 a person to play on our assigned day. The day of the week varies when we play and you can sign up one week ahead of time for a space. If you are a first time registrant please know we take your picture for your badges! You can register at the Senior Center any day we are open! We play indoors until the end of April or when the outdoor courts are opened and it's nice out!

WE ARE LOOKING FOR VOLUNTEERS!

We are looking for volunteers to be BINGO CALLERS at the Hudson Senior Center! Please stop by and speak to Lori about the Volunteer opportunities here at the Hudson Senior Center! We Need You!!

EMAIL LIST

There are now two ways to recive emails from the Senior Center. One is make sure Lori has your correct email on file. The second is you can go to the Town of Hudson Website and in the top right hand corner Click on HOW DO I Then click on STAY CONNECTED click on RECEIVE TOWN EMAIL NOTIFICATIONS

Click the box next to Senior Center Notifications and register your email.

Now you will receive up to date information when it is posted!

You can also add your email to Lori's list and she will send you updated newsletters and weekly information about the Upcoming events!



TRIPS

TRIPS/TRIP OFFICE

We thank you for being so patient as we continue to plan the future of our Trips Program. Please watch for more information to be released soon about trips for 2022! Trips will be announced by email and posted at the Center, if you are not on the email list please contact Lori.

NEW TRIP POLICIES FOR 2022

We are so excited you have decided to take a trip with us! You must be registered at the Hudson Senior Center to take Trips with us. Registration is \$10 a year. We renew our registrations in July, and we do no pro-rate your first year. Proof of Vaccination is also required to take Trips due to Venues requiring Proof of Vaccination. Please stop by the Senior Center to check your registration status and renew or register for the first time! You can register any day we are open! Full payment is due at reservation. Checks can be made out to Town of Hudson.

First Trip Out!

ATLANTIC CITY BOYS



This group features the Music of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Vallie and the Four Seasons!

Date in April 2022 to be announced! We will have a limited number of tickets for this event and they will be on a first come first go basis!

This is a drive yourself to the venue as it is being held at the Castleton in Windham NH!

More Information is coming soon...stop by to reserve your tickets today!

More Trips are Coming Soon!

Be sure to watch the website or stop by the Center to see what is coming up this Summer!



COMMUNITY INFORMATION

HUDSON POLICE DEPARTMENT

IS LOOKING FOR CROSSING GUARDS!

Please contact Sgt. Lloyd at 603-816-2253 for more information!
\$14.50 hour – 5 days a week
(also looking for substitutes!)

HUDSON RECREATION DEPARTMENT

Is hosting a
HELLO SPRING! DIY WOOD WORKSHOP
Saturday March 26, 2022

6:00pm at the Community Center
You must pre-register for this event by March 23rd
Prices vary based on your project but \$5 of each project benefits the Rec Scholarship Fund! For more information see the flyer posted at the Senior Center.



ABOUT THE SENIOR CENTER

The 5 W's & 1 H about the

Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road,
Hudson NH (603) 578-3929

When: Monday – Friday
8:00am -4:00pm

Why: To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

How: Register any day at the office! \$10 registration fee per fiscal year; per person. You can also down load the forms off the website at:

<https://www.hudsonnh.gov/seniorcenter>

REGISTRATION FOR 2021

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2021-2022 year. We began registration for the year on July 15, 2021. Our next new year will begin on July 1, 2022. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge if you are re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID!

Forms are also available on the website

EMAIL LIST!

New to the Center! We will also be able to email your newsletter to you!

As well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database! If you are not receiving emails please let us know. Also you can add lbowen@hudsonnh.gov to your contacts if you are on the list and not receiving our email blasts.

HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAM
LOCATED IN THE NORTH BARN AT BENSON PARK

19 KIMBALL HILL ROAD, HUDSON, NH 03051

603-578-3929

WWW.HUDSONNH.GOV

cpeterson@hudsonnh.gov

lbowen@hudsonnh.gov



2014



2021